

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Alanine (g)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: November 05, 2015 20:41 EST

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	15.370
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	15.282
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	9.013
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	5.685
05305	Ground turkey, raw	453.6	1.0 lb	5.548
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	5.485
11667	Seaweed, spirulina, dried	112.0	1.0 cup	5.057
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	5.022
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	4.180
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	4.023
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.882
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	3.562
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	3.461
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	3.452
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	3.258
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	3.180
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	3.087
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	2.963
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	2.935
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	2.904
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	2.853
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	2.853
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.850
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	2.837
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	2.831
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.734

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.716
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	2.706
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.686
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	2.682
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	2.666
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	2.646
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	2.624
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	2.619
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	2.614
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	2.592
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.590
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.584
16119	Soy meal, defatted, raw	122.0	1.0 cup	2.583
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.579
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	2.573
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	2.565
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.562
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	2.554
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.534
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	2.526
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.525
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.525
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.524
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	2.505
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	2.504
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	2.503
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	2.486
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	2.478
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	2.472
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	2.468

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	2.468
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.452
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	2.440
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	2.439
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	2.421
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.421
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	2.414
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	2.414
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	2.396
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	2.394
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	2.391
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	2.388
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.387
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	2.383
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.369
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.363
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	2.363
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	2.361
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.360
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	2.354
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	2.348
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	2.341
16076	Lupins, mature seeds, raw	180.0	1.0 cup	2.333
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	2.328
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	2.327
16117	Soy flour, defatted	105.0	1.0 cup	2.326
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.324
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	2.313
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	2.307
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	2.307
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	2.301
01133	Egg, whole, dried	85.0	1.0 cup, sifted	2.300

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	2.294
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.294
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	2.285
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	2.266
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.263
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	2.257
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	2.253
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	2.250
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2.241
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	2.237
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	2.236
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	2.229
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.227
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	2.225
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.225
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	2.222
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	2.219
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.213
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	2.209
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.206
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	2.205
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	2.195
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	2.187
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	2.179
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	2.176
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	2.175
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	2.174
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	2.173
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.173
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.170
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.150
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2.150
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.140
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	2.134

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	2.128
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	2.125
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	2.103
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	2.102
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	2.100
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.090
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.090
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	2.087
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	2.085
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	2.083
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.082
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.076
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.072
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	2.071
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	2.062
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	2.062
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	2.057
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	2.041
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.041
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.036
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.032
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	2.029
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	2.028
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	2.025
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.010
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	2.009
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	2.002
16144	Lentils, pink or red, raw	192.0	1.0 cup	2.001
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.993
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	1.993
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.992
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.984
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	1.983
20067	Sorghum grain	192.0	1.0 cup	1.983
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	1.978
16069	Lentils, raw	192.0	1.0 cup	1.976

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	1.975
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak ( yield from 148.1 g raw meat )	1.972
20031	Millet, raw	200.0	1.0 cup	1.972
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	1.970
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	1.959
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.956
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	1.954
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.952
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	1.949
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	1.945
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.945
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	1.945
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.942
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.927
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	1.924
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	1.921
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	1.916
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	1.912
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.911
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.910
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	1.903
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak ( yield from 134.9 g raw meat )	1.895
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.895
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	1.893
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	1.891
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.890
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.889
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.882
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.881
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	1.880
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	1.877
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.867
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	1.866
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	1.864
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	1.863

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.863
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	1.860
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	1.856
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.856
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	1.856
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.852
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.852
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.852
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1.852
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.844
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.844
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.842
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	1.841
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.841
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	1.840
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	1.836
10898	Pork, pickled pork hocks	117.0	3.0 oz	1.832
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	1.830
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	1.828
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.826
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.826
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.820
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	1.818
15005	Fish, bluefish, raw	150.0	1.0 fillet	1.818
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	1.818
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.817
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1.817
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.816
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.815
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1.810
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.807
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	1.806
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.805
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	1.805
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	1.798

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1.790
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.787
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	1.787
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.787
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	1.786
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.783
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.779
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	1.779
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.777
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	1.777
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.777
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.775
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.774
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	1.770
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	1.767
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	1.766
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.765
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.765
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.764
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.760
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.759
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.757
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.756
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	1.755
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	1.754
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.754
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.752
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.748
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	1.747
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.747
36027	DENNY'S, chicken strips	194.0	1.0 serving	1.746
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.742
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.742



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.741
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	1.741
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	1.739
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	1.739
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.736
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.736
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	1.734
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.734
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1.730
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.730
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	1.730
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	1.727
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.727
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.726
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.725
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.724
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.722
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	1.722
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.722
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.720
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	1.720
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.719
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	1.718
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	1.718
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	1.717
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.712
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	1.712
21270	TACO BELL, Taco Salad	533.0	1.0 item	1.711
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.709
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.708
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.708
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.706

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.706
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	1.705
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.704
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.703
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	1.700
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.700
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	1.699
20078	Wheat germ, crude	115.0	1.0 cup	1.699
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.697
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	1.697
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	1.696
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.693
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	1.693
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.692
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.692
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	1.691
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.688
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.686
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1.683
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.680
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.677
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	1.677
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	1.676
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	1.675
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.674
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.673
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	1.669
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.668
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	1.666
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.664
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.663
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.662
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.657

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.656
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.656
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.654
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.653
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.652
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	1.651
19041	Snacks, pork skins, plain	28.35	1.0 oz	1.647
12084	Nuts, butternuts, dried	120.0	1.0 cup	1.646
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.645
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.644
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	1.642
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1.641
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	1.640
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.639
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.639
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.638
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	1.636
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	1.636
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.635
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.632
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.632
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	1.630
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.627
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.626
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.624
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	1.623
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	1.621
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	1.621
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.621
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.619
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.615

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.615
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	1.615
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.612
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	1.612
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	1.612
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.612
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	1.612
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	1.611
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.608
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	1.605
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	1.605
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	1.605
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.605
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.605
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	1.604
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.603
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	1.602
05647	Ostrich, inside strip, cooked	85.0	1.0 serving ( 3 oz )	1.601
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.600
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.599
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	1.597
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.596
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	1.595
16114	Tempeh	166.0	1.0 cup	1.594
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	1.592
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	1.592
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.591
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	1.591
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.590
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.588
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.588

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.587
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.586
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	1.586
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.584
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.584
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	1.584
05645	Ostrich, inside leg, cooked	85.0	1.0 serving ( 3 oz )	1.582
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.581
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.580
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.580
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak ( yield from 123.5 g raw meat )	1.580
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.578
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.578
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.578
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.577
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.577
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.573
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.572
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	1.572
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	1.572
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.572
05652	Ostrich, oyster, cooked	85.0	1.0 serving ( 3 oz )	1.572
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.570
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	1.568
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	1.568
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	1.568
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.567
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.567
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.567
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.567
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.566
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.565

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.565
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.563
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.562
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.562
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.561
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	1.561
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.559
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.558
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	1.558
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	1.558
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	1.558
05650	Ostrich, outside strip, cooked	85.0	1.0 serving ( 3 oz )	1.557
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	1.557
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.556
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.555
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.554
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving ( 3 oz )	1.554
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.552
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.552
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	1.551
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	1.551
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.551
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	1.550
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.549
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.548
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	1.548
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.547
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.547
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	1.547
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.546

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16106	Meat extender	88.0	1.0 cup	1.544
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	1.544
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.543
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.543
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.542
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.540
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.539
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.539
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	1.538
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.538
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.538
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	1.538
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.537
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.537
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.535
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.535
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.534
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.534
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.534
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	1.534
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz )	1.533
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.533
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.533
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.533
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.532
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.530
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	1.527
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.526
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.526
20647	Millet flour	119.0	1.0 cup	1.526
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	1.525

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.524
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	1.524
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	1.523
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.522
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	1.521
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.521
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.520
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.520
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.520
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.519
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.519
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.519
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.519
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.518
16091	Peanuts, spanish, raw	146.0	1.0 cup	1.517
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	1.516
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	1.516
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.516
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.515
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.514
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.514
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.513
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.511
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.511
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	1.511
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.510
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	1.510
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.510
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.510
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.510
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	1.509
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	1.509
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	1.508



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.507
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.507
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.507
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	1.506
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.506
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.506
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.506
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.504
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.504
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.504
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.504
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.504
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.503
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	1.502
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	1.500
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.500
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	1.500
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.499
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.499
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.499
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	1.499
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.499
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.498
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	1.498
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.497
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.496
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.496
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.496

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	1.496
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.495
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.495
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.495
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	1.495
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	1.494
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.494
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.493
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.493
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.492
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	1.490
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	1.490
11450	Soybeans, green, raw	256.0	1.0 cup	1.490
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.489
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	1.488
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	1.487
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	1.487
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.487
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.487
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	1.487
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	1.487
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	1.486
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1.485
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	1.484
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.484
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.483
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.482
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.482
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.481
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.480

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.480
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	1.478
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.478
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.477
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	1.477
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.476
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.476
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.475
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.474
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	1.474
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	1.472
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.472
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	1.471
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.471
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.471
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	1.470
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	1.470
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.470
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	1.470
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	1.469
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	1.468
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	1.467
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.467
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.466
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.466
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.465
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1.464
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	1.464
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.463
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.462
16095	Peanuts, virginia, raw	146.0	1.0 cup	1.461
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	1.461

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	1.460
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	1.459
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.459
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	1.459
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.459
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	1.458
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	1.458
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.458
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.458
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.456
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.456
16093	Peanuts, valencia, raw	146.0	1.0 cup	1.456
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	1.455
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.454
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	1.454
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.454
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.454
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.454
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	1.453
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	1.453
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	1.453
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	1.452
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.451
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.451
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	1.450
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	1.450
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.449
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.449
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	1.448
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.448
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.448

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.447
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.447
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.447
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.447
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.445
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.444
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.444
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.443
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	1.443
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.443
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.442
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.442
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.442
20142	Teff, uncooked	193.0	1.0 cup	1.442
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	1.442
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.442
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	1.441
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.441
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.441
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.440
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.440
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.439
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.439
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	1.439
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	1.438
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	1.438
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.438
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.437
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.437
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.437
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.436

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.436
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1.436
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.436
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	1.436
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	1.435
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.435
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	1.434
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	1.433
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.432
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.432
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.432
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	1.432
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.431
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.430
12061	Nuts, almonds	143.0	1.0 cup, whole	1.429
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.428
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.428
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	1.427
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.426
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.426
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.426
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.425
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.424
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.424
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.424
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	1.424
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.423
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	1.423
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	1.423
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.423
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.422

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.422
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	1.420
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	1.420
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	1.419
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.419
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	1.418
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.418
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.418
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.418
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.417
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.417
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.417
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.416
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.416
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	1.416
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	1.416
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	1.415
15261	Fish, tilapia, raw	116.0	1.0 fillet	1.415
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	1.415
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	1.414
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.414
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.414
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	1.414
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.414
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.414
05641	Ostrich, ground, raw	109.0	1.0 patty	1.414
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.414
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	1.413
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.413
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	1.413
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	1.413
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.412

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.412
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.412
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.412
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.411
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.410
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.410
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.410
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	1.409
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.409
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.409
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.408
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.408
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	1.408
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.407
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	1.407
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.407
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.407
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.407
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.407
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	1.406
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.406
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	1.405
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.405
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	1.405
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.404
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.404
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.404
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.403
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	1.402
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.402
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.402
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.402
15022	Fish, cusk, raw	122.0	1.0 fillet	1.402



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.402
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	1.402
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.402
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	1.402
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.401
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	1.401
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.401
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.401
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.400
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.400
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	1.399
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	1.399
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	1.398
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	1.398
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	1.398
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.398
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.398
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	1.397
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.397
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	1.396
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.396
16113	Natto	175.0	1.0 cup	1.396
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.396
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	1.395
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	1.395
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.393
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.393
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	1.393
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.392
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.391
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.391
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.391
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.390

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.390
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.389
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	1.389
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.389
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.388
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.387
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.387
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	1.386
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.386
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.386
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.385
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.385
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.385
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.385
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	1.385
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	1.385
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	1.385
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	1.385
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	1.385
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.384
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.384
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	1.383
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.383
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.383
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.383
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.383
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.383
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.382
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.382

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	1.382
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	1.381
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	1.381
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.381
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	1.380
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.380
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	1.380
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.380
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.380
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.379
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.379
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.379
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	1.379
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.379
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	1.378
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	1.377
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.377
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.377
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	1.377
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	1.376
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.375
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	1.375
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.375
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.374
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	1.374
20038	Oats	156.0	1.0 cup	1.374
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	1.374
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.374
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.374

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.374
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.374
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	1.374
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.374
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	1.374
05157	Quail, meat and skin, raw	109.0	1.0 quail	1.373
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.373
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.373
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	1.373
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.373
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.373
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.372
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	1.371
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.370
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.370
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.370
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.370
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	1.369
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.369
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.368
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.368
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	1.368
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.368
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.368
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.368
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	1.368
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.368
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1.368
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1.368
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.367
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.367
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.367
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.367

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.366
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.366
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.366
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.366
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.365
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.365
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	1.364
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	1.364
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.364
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.364
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.363
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.363
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.362
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	1.361
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	1.361
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.361
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.361
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.361
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.360
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	1.360
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.360
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	1.360
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.360
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.359
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.359
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.359
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	1.358
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.358
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.358
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.357
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.356
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	1.355

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	1.355
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.355
15006	Fish, burbot, raw	116.0	1.0 fillet	1.355
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	1.354
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	1.354
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	1.354
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	1.353
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.352
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.352
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	1.352
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.351
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	1.351
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	1.351
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.350
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.350
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	1.348
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.348
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	1.347
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.347
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.347
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.346
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.346
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.345
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	1.345
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.344
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	1.343
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.343
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.343
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.343
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.342
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.342
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.342

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.342
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.342
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.341
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.341
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.340
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	1.340
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.340
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.340
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.340
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	1.339
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.339
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.338
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	1.338
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.338
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.338
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	1.337
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.337
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.337
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	1.336
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.336
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.336
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	1.336
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	1.335
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.335
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.335
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.335
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	1.335
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	1.335

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.334
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.334
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.333
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.333
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.333
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.333
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.333
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	1.333
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1.332
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.332
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	1.331
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.331
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.331
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.330
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.330
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	1.330
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	1.329
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.329
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.329
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.329
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.329
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.329
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.328
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.328
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.328
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.328
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.328
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	1.328
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.328
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.327
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	1.327
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	1.327



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.326
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	1.326
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.326
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.326
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	1.326
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.325
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.325
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	1.325
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	1.324
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.324
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	1.323
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	1.323
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	1.323
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.322
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	1.322
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.322
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	1.321
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	1.321
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	1.321
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.320
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.320
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving ( 3 oz )	1.320
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.320
20088	Wild rice, raw	160.0	1.0 cup	1.320
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.319
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	1.319
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.318
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	1.318
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.318
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.318
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	1.317
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.317

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.317
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	1.316
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	1.316
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.315
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.315
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.315
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	1.315
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.314
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	1.313
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.312
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.312
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	1.312
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.312
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	1.312
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	1.312
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	1.312
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.312
01173	Egg, white, dried	28.0	1.0 oz	1.312
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	1.311
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	1.310
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.310
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.310
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.310
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	1.310
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.309
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.309
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	1.308
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.308
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	1.308
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	1.307
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.307

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.306
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	1.306
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.306
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.306
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.306
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.306
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.306
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.305
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	1.305
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.304
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.304
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	1.303
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.303
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.303
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	1.303
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	1.302
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.302
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.302
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	1.302
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.302
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	1.302
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.301
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.301
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.301
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.301
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	1.300
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.300
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.300
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.299
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.298

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	1.298
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.298
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	1.297
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	1.296
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	1.296
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.296
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.296
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.296
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.295
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.295
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.295
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.295
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.294
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.292
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.292
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	1.291
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.291
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.291
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.289
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	1.289
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	1.289
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.289
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.289
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.289
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.288
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.287
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.287
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	1.286
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.286
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.284

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	1.284
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.284
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	1.283
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.283
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	1.281
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	1.281
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.280
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.280
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.280
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.280
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	1.280
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.279
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	1.278
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.278
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.278
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	1.278
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.278
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.277
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.277
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.276
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	1.276
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.276
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.275
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.275
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.274
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	1.274
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.273
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	1.273
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	1.273
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	1.273
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.272

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	1.272
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	1.272
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.272
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.272
20008	Buckwheat	170.0	1.0 cup	1.272
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.271
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	1.270
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.269
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	1.269
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	1.269
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.268
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.268
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.268
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.267
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.267
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	1.266
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	1.265
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.265
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	1.265
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.264
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.264
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	1.263
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.262
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	1.262
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	1.261
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	1.260
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.260
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.259
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	1.258
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.258
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1serving )	1.257

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	1.257
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.257
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.257
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.256
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.255
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.255
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.255
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.254
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.254
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.254
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.254
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.254
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	1.253
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	1.253
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.253
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.253
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	1.251
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.251
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.251
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	1.251
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.251
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.251
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.251
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	1.251
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.250
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.250
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.250
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.250
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.250
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	1.250
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.250
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.250

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.250
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.249
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.249
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	1.249
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.248
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.248
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.247
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.247
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.246
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.246
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.246
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.245
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.245
16099	Peanut flour, defatted	60.0	1.0 cup	1.245
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.244
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	1.244
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.243
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.243
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.243
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.243
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	1.241
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.241
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.240
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	1.239
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.239
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.239
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.239
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	1.238
17338	Game meat, elk, ground, raw	102.0	1.0 patty ( yield from 102.2 g raw meat )	1.238
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	1.238
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.238
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.238
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.238



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1.237
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.237
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.237
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.237
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.236
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.236
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.235
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.234
05158	Quail, meat only, raw	92.0	1.0 quail	1.234
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.232
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	1.232
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.232
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.232
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.231
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	1.231
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	1.229
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.229
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.227
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	1.227
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.227
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.227
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.226
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.226
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.226
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.226
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.225
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.225
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	1.225
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	1.225
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.224
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	1.224
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.224
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.223
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	1.223
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.222

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.221
05644	Ostrich, inside leg, raw	85.0	1.0 serving ( cooked from 4 oz raw )	1.221
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	1.220
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.220
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.220
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	1.220
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.219
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	1.219
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.219
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	1.219
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.219
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.219
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	1.218
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	1.218
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.217
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	1.217
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	1.216
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.216
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.216
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	1.216
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.215
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	1.215
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.215
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.214
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	1.214
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	1.214
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.213
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.213
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.213
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.213
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	1.211
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	1.211
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.211

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.211
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.210
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	1.210
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.210
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.210
05154	Pheasant, raw, meat only	85.0	3.0 oz	1.209
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.209
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	1.208
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.208
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1.208
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	1.207
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.207
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	1.207
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	1.207
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	1.207
01040	Cheese, swiss	132.0	1.0 cup, diced	1.206
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	1.206
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.206
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.206
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	1.206
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.205
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.205
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.205
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	1.205
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	1.205
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.205
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	1.205
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.204
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	1.204
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	1.204
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	1.204
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.204

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.204
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	1.202
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.202
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1.201
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	1.200
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.200
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.199
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	1.199
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.199
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.199
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.199
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.199
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	1.199
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	1.199
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.199
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	1.198
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	1.198
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	1.198
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.198
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	1.197
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.197
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving ( 3 oz )	1.196
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.195
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.194
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.193
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.193
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.193
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	1.193
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.193
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.192
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving ( cooked from 4 oz raw)	1.192
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.191
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.190
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	1.190
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	1.190

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05643	Ostrich, fan, raw	85.0	1.0 serving ( cooked from 4oz raw)	1.189
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	1.189
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.188
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.187
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.187
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	1.187
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.187
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.186
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	1.185
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.185
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.185
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.184
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.184
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.183
05159	Quail, breast, meat only, raw	85.0	3.0 oz	1.183
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	1.183
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.182
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.182
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.182
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.182
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.182
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	1.181
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.181
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	1.181
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.181
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	1.180
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	1.180
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.180
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.180
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.180
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.179
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.178
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.178
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.177
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.177

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	1.176
05651	Ostrich, oyster, raw	85.0	1.0 serving ( cooked from 4 oz raw)	1.176
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	1.176
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	1.176
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	1.175
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	1.175
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.175
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	1.174
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.174
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	1.173
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	1.173
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.172
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	1.172
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.172
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	1.172
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.171
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	1.171
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.171
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	1.171
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	1.170
20014	Corn grain, yellow	166.0	1.0 cup	1.170
20314	Corn grain, white	166.0	1.0 cup	1.170
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.170
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	1.170
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.168
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.167
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.167
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.166
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.165
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.164
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	1.164
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1.163
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	1.163
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	1.162
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	1.162
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	1.161

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.161
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.161
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.160
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	1.159
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.159
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	1.158
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	1.157
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.157
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.156
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	1.156
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.156
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.156
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.155
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.155
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.155
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.155
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.154
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.154
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.154
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	1.154
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.153
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.153
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	1.153
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.152
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.152
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	1.152
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.151
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.151
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.149
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	1.149
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.148
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.148
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1.148

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	1.148
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	1.148
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	1.146
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.146
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.146
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.146
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.145
20060	Rice bran, crude	118.0	1.0 cup	1.145
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.144
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.144
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	1.142
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	1.142
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.142
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	1.142
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.142
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.142
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	1.139
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	1.139
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	1.139
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.137
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	1.137
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	1.136
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1.136
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.136
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	1.135
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	1.135
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	1.134
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	1.134
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	1.134
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.133
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	1.133
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.132
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.132
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.131
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	1.131
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.131



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	1.131
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	1.131
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	1.130
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.130
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.129
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.127
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	1.127
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	1.126
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.125
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	1.125
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.122
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.121
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.121
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.120
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	1.119
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	1.119
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.118
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.118
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.117
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	1.116
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	1.116
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	1.116
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	1.116
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	1.115
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.115
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	1.115
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.115
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.115
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.115
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.114
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.114
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.114
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.113

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
15083	Fish, salmon, pink, raw	85.0	3.0 oz	1.112
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	1.112
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.112
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	1.112
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	1.111
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	1.110
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	1.110
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.110
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	1.110
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.110
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.110
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	1.110
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.109
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	1.109
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.108
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.107
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.107
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.107
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	1.106
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	1.106
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.105
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	1.105
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.105
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.105
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	1.104
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.103
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	1.103
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.103
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1.102
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	1.102
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.102
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	1.102
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	1.099
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.098
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	1.097

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	1.097
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.097
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.097
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.096
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.096
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	1.095
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.095
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	1.095
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.094
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	1.093
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	1.093
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.093
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	1.092
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.092
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.091
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.090
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.090
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	1.089
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	1.089
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.089
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.089
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	1.087
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	1.087
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	1.087
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.087
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	1.087
01020	Cheese, fontina	132.0	1.0 cup, diced	1.086
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	1.086
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.085
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.085
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.085
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.084
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	1.084
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.083

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.082
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	1.082
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	1.081
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	1.080
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.080
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	1.080
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	1.080
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.080
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.080
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.080
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.080
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.079
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	1.079
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.078
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.078
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	1.078
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	1.077
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.077
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.077
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.076
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	1.076
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	1.075
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	1.075
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.075
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.075
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.074
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.074
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	1.073
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.073
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	1.073
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.073
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.072
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	1.072
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.072
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.071
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	1.071

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	1.070
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.070
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	1.070
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.070
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.069
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.069
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	1.069
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.068
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.068
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.068
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.068
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	1.068
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.068
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	1.067
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.067
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.067
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.067
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	1.066
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.066
20071	Wheat, hard red spring	192.0	1.0 cup	1.066
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.065
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.065
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.065
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.065
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	1.064
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	1.063
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.063
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.062
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	1.062
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	1.061
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	1.060
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.060
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.060

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	1.060
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.059
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.058
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	1.057
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.057
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	1.057
17330	Game meat , bison, ground, raw	85.0	1.0 serving ( 3 oz )	1.057
15053	Fish, milkfish, raw	85.0	3.0 oz	1.056
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	1.055
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.055
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.054
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	1.054
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.054
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	1.054
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	1.053
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.053
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	1.053
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	1.053
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	1.052
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.051
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.051
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	1.051
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.050
07005	Blood sausage	100.0	4.0 slices	1.050
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.050
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.049
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.049
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.049
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.047
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.047
15001	Fish, anchovy, european, raw	85.0	3.0 oz	1.046
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.046
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.046
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.046
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.046

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.045
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.045
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.045
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.045
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	1.045
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.043
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.043
15049	Fish, mackerel, king, raw	85.0	3.0 oz	1.043
01034	Cheese, port de salut	132.0	1.0 cup, diced	1.043
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.042
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.042
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.042
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.041
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	1.040
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.040
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.040
15097	Fish, sheepshead, raw	85.0	3.0 oz	1.039
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	1.038
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.038
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.037
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.037
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	1.037
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	1.036
05621	Emu, ground, raw	117.0	1.0 patty	1.035
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	1.035
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.035
15079	Fish, salmon, chum, raw	85.0	3.0 oz	1.035
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	1.034
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.034
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.034
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	1.033
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.033
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	1.033
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.033

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	1.033
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	1.032
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	1.032
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	1.032
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	1.031
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	1.031
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.031
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.031
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	1.030
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.030
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.030
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	1.030
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	1.030
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	1.030
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	1.029
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.029
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	1.029
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.028
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	1.028
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.028
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	1.028
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.026
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.026
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.025
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.025
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.024
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.024
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	1.022
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.022
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.020
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	1.020
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	1.020
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	1.019
15110	Fish, swordfish, raw	85.0	3.0 oz	1.018



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16122	Soy protein isolate	28.35	1.0 oz	1.017
16422	Soy protein isolate, potassium type	28.35	1.0 oz	1.017
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.017
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	1.017
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	1.017
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	1.017
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	1.017
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	1.016
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.016
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.015
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	1.015
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	1.015
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.015
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	1.015
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.013
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.013
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	1.012
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.012
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	1.012
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.011
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.010
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	1.010
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	1.010
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	1.010
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1.009
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	1.009
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.008
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.008
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.006
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	1.006
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.006
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.002
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.001

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	1.001
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.000
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	1.000
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.000
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.000
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	1.000
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	1.000
20035	Quinoa, uncooked	170.0	1.0 cup	1.000
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.999
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.999
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.999
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.998
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.998
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.998
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.997
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.997
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.997
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.996
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.996
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.995
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.995
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.994
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.994
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.994
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.994
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.994
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.993
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.993
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.992
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.992
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.992
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.992
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.992
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.992
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.991
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.991

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.991
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.990
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.990
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.990
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.989
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.989
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.989
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.989
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.989
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.987
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.987
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.986
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.986
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.986
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.985
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.985
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.984
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.984
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.983
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.983
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.982
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.982
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.981
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.981
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.980
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.978
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.978
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.978
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.978
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.977
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.977
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.977
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.977
15044	Fish, ling, raw	85.0	3.0 oz	0.976
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.975

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.974
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.974
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.973
15033	Fish, haddock, raw	85.0	3.0 oz	0.972
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.972
15090	Fish, scup, raw	85.0	3.0 oz	0.971
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.969
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.968
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.968
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.967
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.967
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.967
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.966
07008	Bologna, beef and pork	100.0	3.527 oz	0.966
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.966
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.965
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.965
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.963
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.962
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.962
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.961
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.960
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.960
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.959
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.959
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.959
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.957
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.957
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.956
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.956
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.955
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.955
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.955
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.955

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.952
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.952
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.952
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.951
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.951
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.951
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.949
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.948
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.948
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.948
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.947
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.946
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.945
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.945
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.943
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.943
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.943
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.943
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.942
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.942
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.942
17142	Veal, ground, raw	85.0	3.0 oz	0.939
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.939
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.938
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.937
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.936
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.936
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.935
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.933
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.933
20069	Triticale	192.0	1.0 cup	0.933
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.932
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.932
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.932

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.932
01035	Cheese, provolone	132.0	1.0 cup, diced	0.932
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.932
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.931
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.931
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.931
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.931
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.930
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.930
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.930
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.930
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.930
20140	Spelt, uncooked	174.0	1.0 cup	0.929
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.929
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.929
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.929
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.929
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.928
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.928
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.928
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.926
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.926
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.926
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.926
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.926
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.925
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.923
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.923
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.922
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.921

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.920
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.920
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.918
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.918
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.917
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.917
15008	Fish, carp, raw	85.0	3.0 oz	0.916
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.915
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.915
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.915
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.915
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.915
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.915
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.914
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.913
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.913
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.913
01025	Cheese, monterey	132.0	1.0 cup, diced	0.912
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.911
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.910
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.909
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.909
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.908
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.908
15045	Fish, lingcod, raw	85.0	3.0 oz	0.908
15013	Fish, cisco, raw	79.0	1.0 fillet	0.907
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.906
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.906
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.906
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.905
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.902
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.902
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.902

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.901
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.901
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.900
19352	Syrups, malt	332.0	1.0 cup	0.900
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.899
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.899
15112	Fish, tilefish, raw	85.0	3.0 oz	0.899
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.896
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.896
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.895
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.894
20004	Barley, hulled	184.0	1.0 cup	0.894
05150	Goose, liver, raw	94.0	1.0 liver	0.894
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.892
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.892
01024	Cheese, limburger	134.0	1.0 cup	0.892
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.892
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.892
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.892
01030	Cheese, muenster	132.0	1.0 cup, diced	0.891
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.891
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.891
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.890
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.889
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.888
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.885
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.885
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.885
01011	Cheese, colby	132.0	1.0 cup, diced	0.884
01005	Cheese, brick	132.0	1.0 cup, diced	0.884
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.884
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.882
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.881
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.881
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.880



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.880
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.880
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.879
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.879
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.879
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.879
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.879
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.878
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.878
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.878
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.877
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.873
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.872
15094	Fish, shad, american, raw	85.0	3.0 oz	0.870
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.870
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.870
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.870
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.869
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.868
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.868
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.868
01115	Whey, sweet, dried	145.0	1.0 cup	0.867
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.867
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.866
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.866
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.865
20072	Wheat, hard red winter	192.0	1.0 cup	0.864
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.861
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.861
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.861
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.859
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.859
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.858
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.857
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.856

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.855
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.855
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.855
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.854
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.854
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.854
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.853
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.852
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.851
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.851
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.849
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.848
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.848
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.847
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.847
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.845
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.844
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.843
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.843
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.842
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.842
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.842
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.841
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.840
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.839
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.838
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.836
20131	Barley malt flour	162.0	1.0 cup	0.836
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.836
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.836
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.836
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.835
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.835
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.830
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.830

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.830
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.830
20063	Rye flour, dark	128.0	1.0 cup	0.828
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.828
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.827
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.825
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.825
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.824
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.823
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.823
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.823
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.822
20076	Wheat, durum	192.0	1.0 cup	0.820
20033	Oat bran, raw	94.0	1.0 cup	0.820
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.818
15128	Fish, tuna salad	85.0	3.0 oz	0.818
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.817
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.816
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.814
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.814
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.810
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.810
16100	Peanut flour, low fat	60.0	1.0 cup	0.806
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.806
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.805
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.801
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.801
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.801
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.796
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.795
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.794
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.793
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.792
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.788
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.786
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.786

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.786
35147	Tamales (Navajo)	186.0	1.0 piece	0.785
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.785
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.784
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.784
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.782
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.779
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.778
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.777
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.777
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.775
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.773
20005	Barley, pearled, raw	200.0	1.0 cup	0.772
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.772
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.771
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.770
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.769
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.767
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.767
07024	Frankfurter, chicken	85.0	3.0 oz	0.767
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.767
07059	Polish sausage, pork	85.0	3.0 oz	0.767
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.766
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.766
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.764
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.764
05630	Emu, outside drum, raw	85.0	3.0 oz	0.762
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.762
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.761
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.759
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.759
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.758
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.756
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.756
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.756
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.754

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.754
05631	Emu, oyster, raw	85.0	3.0 oz	0.754
05626	Emu, full rump, raw	85.0	3.0 oz	0.754
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.754
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.752
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.749
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.748
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.748
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.748
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.748
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.747
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.747
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.746
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.746
15054	Fish, monkfish, raw	85.0	3.0 oz	0.745
05623	Emu, fan fillet, raw	85.0	1.0 serving ( 3 oz )	0.744
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.743
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.742
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.742
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.742
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.740
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.740
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.740
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.739
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.736
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.735
05628	Emu, inside drum, raw	85.0	3.0 oz	0.734
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.733
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.732
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.732
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.731
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.731
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.730
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.730
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.727
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.727

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.727
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.724
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.724
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.724
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.724
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.720
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.719
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.719
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.719
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.718
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.717
15103	Fish, spot, raw	64.0	1.0 fillet	0.717
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.713
16104	Bacon, meatless	144.0	1.0 cup	0.708
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.708
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.706
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.706
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.705
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.704
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.704
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.704
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.704
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.702
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.700
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.699
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.699
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.698
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.697
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.697
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.696
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.695
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.695
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.695
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.695
20073	Wheat, soft red winter	168.0	1.0 cup	0.692
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.692

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.692
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.691
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.691
15074	Fish, sablefish, raw	85.0	3.0 oz	0.689
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.689
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.689
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.687
20062	Rye grain	169.0	1.0 cup	0.684
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.680
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.680
16059	Chili with beans, canned	256.0	1.0 cup	0.678
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.678
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.678
11656	Corn pudding, home prepared	250.0	1.0 cup	0.678
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.677
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.675
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.673
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.673
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.672
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.672
21083	Fast foods, taco salad	198.0	1.5 cup	0.671
20090	Rice flour, brown	158.0	1.0 cup	0.667
07052	Pastrami, turkey	57.0	2.0 slices	0.665
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.664
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.663
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.662
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.661
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.660
01109	Milk, sheep, fluid	245.0	1.0 cup	0.659
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.658
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.658
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.657
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.656
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.656
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.655
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.655

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.653
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.651
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.648
20028	Couscous, dry	173.0	1.0 cup	0.647
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.646
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.646
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.646
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.644
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.644
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.644
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.642
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.642
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.641
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.640
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.640
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.639
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.639
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.638
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.638
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.636
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.636
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.635
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.635
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.634
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.634
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.633
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.633
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.631
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.630
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.629
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.629
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.627
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.627
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.626
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.625
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.625



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.624
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.624
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.623
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.623
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.623
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.623
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.621
20066	Semolina, enriched	167.0	1.0 cup	0.621
20466	Semolina, unenriched	167.0	1.0 cup	0.621
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.619
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.618
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.618
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.618
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.618
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.617
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.617
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.615
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.612
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.612
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.611
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.611
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.611
20012	Bulgur, dry	140.0	1.0 cup	0.610
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.609
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.607
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.607
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.606
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.606
20130	Barley flour or meal	148.0	1.0 cup	0.605
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.605
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.605
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.605
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.604
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.603
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.602
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.602

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16055	Carob flour	103.0	1.0 cup	0.602
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.601
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.599
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.599
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.598
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.597
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.597
16005	Beans, baked, home prepared	253.0	1.0 cup	0.597
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.596
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.595
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.594
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.594
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.592
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.592
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.592
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.592
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.592
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.591
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.590
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.590
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.590
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.588
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.587
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.586
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.586
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.585
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.585
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.584
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.583
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.582
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.582
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.581
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.580
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.580
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.573
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.573

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.572
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.572
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.572
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.571
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.569
07939	Frankfurter, pork	76.0	1.0 link	0.568
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.567
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.564
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.563
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.562
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.562
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.562
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.561
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.561
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.560
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.560
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.560
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.559
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.559
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.558
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.557
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.556
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.555
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.554
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.554
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.553
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.553
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.552
20143	Teff, cooked	252.0	1.0 cup	0.549
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.549
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.547
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.547
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.547
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.547

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.547
20032	Millet, cooked	174.0	1.0 cup	0.546
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.545
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.545
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.545
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.544
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.543
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.543
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.541
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.539
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.538
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.538
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.537
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.536
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.536
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.536
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.535
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.535
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.534
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.533
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.532
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.532
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.531
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.529
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.529
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.527
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.527
11413	Potato flour	160.0	1.0 cup	0.525
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.525
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.524
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.524
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.523
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.522
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.522

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.521
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.521
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.520
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.520
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.519
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.518
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.518
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.518
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.517
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.517
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.516
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.515
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.514
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.514
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.514
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.513
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.513
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.513
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.512
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.511
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.511
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.510
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.510
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.510
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.510
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.509
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.509
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.509
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.509
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.509
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.509
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.509
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.508

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.508
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.508
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.507
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.507
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.507
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.507
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.506
01057	Eggnog	254.0	1.0 cup	0.505
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.505
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.504
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.503
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.502
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.502
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.501
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.501
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.501
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.501
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.500
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.500
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.499
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.499
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.498
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.497
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.496
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.496
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.496
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.495
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.495
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.495
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.491
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.491
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.490
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.490
13350	Beef, cured, dried	28.0	10.0 slices	0.489
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.489

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.488
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.488
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.485
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.484
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.483
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.483
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.483
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.482
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.482
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.482
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.479
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.479
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.476
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.476
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.476
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.476
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.476
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.475
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.475
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.475
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.474
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.473
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.472
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.472
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.472
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.471
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.470
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.470
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.470
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.470
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.470
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.470
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.468
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.467
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.465

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.462
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.462
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.462
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.462
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.462
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.461
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.461
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.458
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.457
07911	Liverwurst spread	55.0	0.25 cup	0.456
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.456
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.456
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.456
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.456
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.456
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.455
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.455
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.455
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.454
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.454
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.454
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.454
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.450
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.450
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.448
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.447
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.447
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.447
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.444
20077	Wheat bran, crude	58.0	1.0 cup	0.444
07019	Chorizo, pork and beef	28.35	1.0 oz	0.442
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.442
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.441
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.441
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.441
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.441



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11658	Spinach souffle	136.0	1.0 cup	0.439
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.439
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.439
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.438
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.438
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.437
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.437
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.437
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.437
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.434
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.433
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.433
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.433
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.433
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.429
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.428
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.426
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.426
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.426
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.424
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.422
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.421
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.420
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.419
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.419
20064	Rye flour, medium	102.0	1.0 cup	0.418
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.417
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.417
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.417
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.416
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.415
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.415
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.415
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.415
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.414
07921	Bacon and beef sticks	28.0	1.0 oz	0.414

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.414
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.413
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.412
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.410
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.409
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.409
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.409
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.409
17166	Game meat, elk, raw	28.35	1.0 oz	0.409
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.408
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.407
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.407
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.407
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.407
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.407
17164	Game meat, deer, raw	28.35	1.0 oz	0.406
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.406
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.405
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.405
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.403
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.403
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.403
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.402
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.402
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.402
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.401
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.401
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.399
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.399
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.399
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.398
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.397
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.396
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.395
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.395
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.394

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.393
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.392
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.391
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.391
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.391
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.391
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.390
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.390
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.389
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.389
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.388
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.388
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.386
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.386
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.386
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.385
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.385
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.384
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.384
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.384
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.384
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.383
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.383
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.382
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.382
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.382
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.382
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.382
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.382
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.382
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.381
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.381
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.381
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.381
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.381
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.381

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.380
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.380
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.380
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.380
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.379
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.379
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.378
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.378
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.378
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.376
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.374
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.374
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.374
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.374
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.374
07926	Salami, Italian, pork	28.0	1.0 oz	0.374
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.374
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.374
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.374
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.374
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.373
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.372
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.372
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.371
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.370
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.370
17144	Game meat, antelope, raw	28.35	1.0 oz	0.370
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.369
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.368
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.368
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.368
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.367
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.367
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.367
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.366
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.366

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
20089	Wild rice, cooked	164.0	1.0 cup	0.366
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.366
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.366
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.365
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.365
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.365
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.364
17172	Game meat, moose, raw	28.35	1.0 oz	0.363
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.363
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.363
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.363
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.363
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.363
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.362
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.362
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.362
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.361
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.361
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.360
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.360
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.360
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.359
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.359
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.359
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.359
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.359
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.358
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.358
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.358
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.357
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.357
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.356
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.356
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.355
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.355
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.354

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.354
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.354
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.354
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.354
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.354
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.354
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.354
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.352
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.352
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.352
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.352
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.351
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.350
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.350
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.350
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.350
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.349
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.349
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.349
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.349
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.348
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.348
17170	Game meat, horse, raw	28.35	1.0 oz	0.348
11304	Peas, green, raw	145.0	1.0 cup	0.348
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.348
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.347
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.347
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.346
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.346
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.346
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.345
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.345

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.345
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.345
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.344
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.344
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.344
20065	Rye flour, light	102.0	1.0 cup	0.344
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.344
11683	Carrot, dehydrated	74.0	1.0 cup	0.343
17162	Game meat, caribou, raw	28.35	1.0 oz	0.343
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.343
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.342
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.341
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.341
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.341
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.340
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.340
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.340
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.340
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.340
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.340
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.340
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.339
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.339
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.339
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.339
20137	Quinoa, cooked	185.0	1.0 cup	0.339
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.338
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.338
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.338
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.338
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.338
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.338
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.337
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.337
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.337

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.337
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.337
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.336
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.335
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.335
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.335
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.335
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.335
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.334
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.334
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.334
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.334
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.334
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.334
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.334
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.334
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.333
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.333
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.333
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.333
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.333
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.333
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.332
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.331
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.331
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.330
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.330
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.330
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.330
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.330
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.330
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.329
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.329
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.329
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.329



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.328
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.328
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.327
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.327
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.327
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.326
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.326
20034	Oat bran, cooked	219.0	1.0 cup	0.326
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.326
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.326
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.326
07050	Mortadella, beef, pork	28.35	1.0 oz	0.326
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.326
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.325
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.325
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.325
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.324
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.324
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.324
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.324
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.324
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.323
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.323
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.323
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.323
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.323
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.322
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.322
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.322
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.322
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.322
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.321
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.321
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.321
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.321

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.321
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.321
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.320
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.320
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.320
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.319
20087	Wheat, sprouted	108.0	1.0 cup	0.319
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.318
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.318
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.318
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.318
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.318
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.317
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.317
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.317
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.316
17150	Game meat, beaver, raw	28.35	1.0 oz	0.316
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.315
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.315
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.315
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.315
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.315
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.315
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.314
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.314
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.314
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.314
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.314
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.314
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.313
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.313
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.313
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.312

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.312
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.312
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.311
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.311
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.311
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.311
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.310
11414	Potato salad, home-prepared	250.0	1.0 cup	0.310
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.310
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.310
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.309
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.308
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.308
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.308
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.308
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.308
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.307
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.307
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.306
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.305
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.305
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.305
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.305
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.304
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.304
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.304
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.304
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.303
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.303
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.303
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.303
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.302

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.302
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.301
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.301
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.300
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.300
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.300
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.299
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.299
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.299
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.299
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.297
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.297
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.297
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.296
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.296
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.295
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.295
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.294
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.294
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.294
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.294
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.294
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.293
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.293
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.293
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.293
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.293
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.293
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.293
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.293
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.293
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.293
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.292

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.291
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.291
16087	Peanuts, all types, raw	28.35	1.0 oz	0.291
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.291
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.290
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.290
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.290
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.290
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.290
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.290
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.290
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.289
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.289
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.289
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.289
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.289
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.289
01113	Whey, acid, dried	57.0	1.0 cup	0.288
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.288
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.288
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.288
11432	Radishes, oriental, dried	116.0	1.0 cup	0.288
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.287
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.287
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.287
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.287
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.286
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.286
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.286
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.286
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.285
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.285

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.285
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.285
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.285
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.285
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.284
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.284
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.284
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.284
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.284
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.284
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.284
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.284
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.284
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.283
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.283
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.283
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.282
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.282
17224	Lamb, ground, raw	28.35	1.0 oz	0.282
07068	Salami, cooked, beef	26.0	1.0 slice	0.282
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.281
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.281
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.281
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.281
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.281
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.281
15014	Fish, cisco, smoked	28.35	1.0 oz	0.281
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.281
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.281
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.280
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.280
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.280
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.280
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.279

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.279
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.279
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.279
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.279
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.279
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.279
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.278
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.278
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.278
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.278
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.278
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.278
36031	DENNY'S, onion rings	166.0	1.0 serving	0.277
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.277
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.276
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.276
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.276
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.276
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.276
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.276
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.275
01039	Cheese, roquefort	28.35	1.0 oz	0.275
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.274
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.274
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.274
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.274
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.274
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.273
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.273
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.272
01023	Cheese, gruyere	28.35	1.0 oz	0.272
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.271
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.271
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.271
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.271
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.271

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.270
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.270
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.270
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.270
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.269
07030	Ham, minced	28.35	1.0 oz	0.269
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.269
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.269
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.268
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.267
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.267
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.267
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.266
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.266
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.265
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.265
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.265
07070	Salami, cooked, turkey	28.0	1.0 serving	0.265
07025	Frankfurter, turkey	28.35	1.0 oz	0.265
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.265
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.265
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.265
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.264
01038	Cheese, romano	28.35	1.0 oz	0.264
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.264
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.264
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.264
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.264
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.264
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.264
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.264
07040	Liver cheese, pork	28.35	1.0 oz	0.264
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.263
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.263
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.262
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.261



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.261
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.261
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.261
07026	Ham, chopped, canned	28.35	1.0 oz	0.260
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.258
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.257
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.257
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.256
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.255
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.255
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.255
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.255
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.255
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.253
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.253
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.253
15109	Fish, surimi	28.35	1.0 oz	0.253
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.252
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.252
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.252
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.251
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.251
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.251
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.251
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.250
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.250
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.250
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.250
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.250
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.249
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.249
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.249
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.249
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.249
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.249
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.249

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.248
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.248
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.248
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.248
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.247
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.247
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.246
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.246
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.246
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.246
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.246
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.246
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.245
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.245
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.244
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.244
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.244
01006	Cheese, brie	28.35	1.0 oz	0.244
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.243
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.243
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.243
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.243
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.242
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.242
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.242
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.241
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.240
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.240
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.239
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.239
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.239
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.239
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.239
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.238
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.238
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.238

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.237
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.237
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.237
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.236
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.236
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.236
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.236
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.235
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.235
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.235
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.235
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.234
21268	TACO BELL, Nachos	80.0	1.0 serving	0.234
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.234
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.234
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.233
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.233
01124	Egg, white, raw, fresh	33.0	1.0 large	0.232
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.232
01007	Cheese, camembert	28.35	1.0 oz	0.232
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.232
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.231
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.230
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.230
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.230
01041	Cheese, tilsit	28.35	1.0 oz	0.230
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.229
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.229
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.228
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.228
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.228
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.227
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.227
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.226
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.226
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.225

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.224
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.223
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.223
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.222
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.222
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.221
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.221
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.220
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.220
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.220
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.220
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.219
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.219
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.218
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.218
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.218
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.218
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.218
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.218
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.217
01018	Cheese, edam	28.35	1.0 oz	0.217
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.216
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.216
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.216
01022	Cheese, gouda	28.35	1.0 oz	0.216
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.216
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.216
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.216
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.215
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.215
07061	Mother's loaf, pork	28.35	1.0 oz	0.215
07971	Bologna, meat and poultry	33.0	1.0 slice	0.214
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.214
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.213
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.213
16107	Sausage, meatless	25.0	1.0 link	0.213

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.213
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.213
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.211
09139	Guavas, common, raw	165.0	1.0 cup	0.211
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.211
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.211
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.210
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.210
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.209
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.209
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.208
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.208
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.208
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.207
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.207
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.206
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.206
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.205
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.204
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.204
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.203
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.203
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.203
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.203
07007	Bologna, beef	30.0	1.0 slice	0.203
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.202
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.202
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.202
01008	Cheese, caraway	28.35	1.0 oz	0.202
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.201
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.200
09094	Figs, dried, uncooked	149.0	1.0 cup	0.200
16129	Tofu, fried	28.35	1.0 oz	0.200
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.199
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.199

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.198
20013	Bulgur, cooked	182.0	1.0 cup	0.198
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.198
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.198
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.198
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.198
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.197
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.197
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.197
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.196
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.196
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.196
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.196
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.196
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.196
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.196
09110	Goji berries, dried	28.0	5.0 tbsp	0.195
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.195
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.194
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.194
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.193
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.192
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.192
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.192
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.192
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.191
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.191
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.191
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.190
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.190
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.190
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.190
20133	Rice noodles, dry	57.0	2.0 oz	0.189
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.189
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.188

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.188
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.187
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.187
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.187
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	0.187
01010	Cheese, cheshire	28.35	1.0 oz	0.187
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.187
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.186
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.186
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.186
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.185
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.185
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.185
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.184
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.184
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.184
07960	Bologna, chicken, pork	28.0	1.0 serving	0.184
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.184
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.183
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.183
36610	DENNY'S, french fries	165.0	1.0 serving	0.183
01004	Cheese, blue	28.35	1.0 oz	0.183
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.182
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.182
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.182
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.182
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.181
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.181
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.181
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.181
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.181
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.181
11215	Garlic, raw	136.0	1.0 cup	0.180
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.179
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.178
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.178

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.178
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.178
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.178
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.177
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.177
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.177
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.177
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.177
20030	Hominy, canned, white	165.0	1.0 cup	0.177
20134	Rice noodles, cooked	176.0	1.0 cup	0.176
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.176
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.176
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.176
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.176
11616	Dock, raw	133.0	1.0 cup, chopped	0.176
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.175
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.175
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.174
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.174
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.174
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.174
09298	Raisins, seedless	165.0	1.0 cup, packed	0.173
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.173
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.173
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.172
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.172
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.172
19147	Candies, peanut bar	28.35	1.0 oz	0.171
20330	Hominy, canned, yellow	160.0	1.0 cup	0.171
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.171
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.171
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.170
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.170
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.170
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.170
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.170



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.169
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.169
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.169
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.168
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.168
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.168
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.167
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.167
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.167
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.166
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.166
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.166
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.165
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.165
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.164
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.164
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.164
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.164
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.163
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.163
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.162
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.162
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.162
11961	Hearts of palm, canned	146.0	1.0 cup	0.162
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.162
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.162
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.161
16130	Okara	122.0	1.0 cup	0.161
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.161
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.161
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.160
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.160
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.160
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.160
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.159
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.159

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.159
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.159
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.159
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.159
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.158
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.158
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.158
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.158
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.158
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.157
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.157
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.157
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.157
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.156
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.156
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.155
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.155
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.155
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.154
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.154
11011	Asparagus, raw	134.0	1.0 cup	0.154
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.154
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.153
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.153
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.153
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.153
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.153
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.152
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.152
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.152
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.151
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.151
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.151
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.151
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.151
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.150

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
09095	Figs, dried, stewed	259.0	1.0 cup	0.150
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.150
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.150
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.149
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.149
01156	Cheese, goat, hard type	28.35	1.0 oz	0.149
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.149
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.149
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.149
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.149
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.148
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.148
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.147
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.147
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.146
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.146
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.146
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.146
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.145
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.145
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.145
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.145
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.145
11124	Carrots, raw	128.0	1.0 cup chopped	0.145
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.144
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.144
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.144
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.144
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.143
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.143
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.143
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.143
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.143
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.143
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.143
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.142

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.142
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.142
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.142
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.142
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.142
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.141
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.141
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.141
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.141
01069	Cream substitute, powdered	94.0	1.0 cup	0.141
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.141
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.141
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.140
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.140
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.140
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.140
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.140
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.140
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.139
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.139
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.139
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.138
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.138
20006	Barley, pearled, cooked	157.0	1.0 cup	0.138
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.138
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.138
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.137
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.137
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.137
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.137
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.137
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.137
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.137
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.137
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.136
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.136

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.136
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.136
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.136
09176	Mangos, raw	165.0	1.0 cup pieces	0.135
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.135
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.135
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.135
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.135
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.135
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.134
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.134
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.134
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.134
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.134
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.133
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.133
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.133
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.133
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.133
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.132
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.132
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.132
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.132
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.132
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.131
12059	Nuts, acorns, dried	28.35	1.0 oz	0.131
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.131
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.130
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.130
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.130
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.130
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.130
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.129
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.129
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.129
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.129

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.128
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.128
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.128
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.128
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.128
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.127
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.127
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.127
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.126
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.126
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.126
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.126
21419	KFC, biscuit	49.0	1.0 biscuit	0.125
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.125
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.125
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.125
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.125
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.124
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.124
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.124
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.124
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.124
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.124
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.124
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.124
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.124
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.123
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.123
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.123
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.123
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.123
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.123
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.122
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.122
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.122
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.122

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.122
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.122
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.122
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.121
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.121
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.121
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.121
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.121
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.121
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.121
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.121
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.120
07033	Ham and cheese spread	15.0	1.0 tbsp	0.120
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.120
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.120
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.120
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.119
09205	Oranges, raw, with peel	170.0	1.0 cup	0.119
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.119
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.118
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.118
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.118
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.117
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.117
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.117
11297	Parsley, fresh	60.0	1.0 cup chopped	0.117
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.117
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.117
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.117
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.117
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.117
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.117
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.117
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.116
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.116
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.115

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.115
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.115
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.115
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.115
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.115
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.115
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.114
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.114
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.114
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.114
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.113
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.113
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.113
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.113
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.113
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.113
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.113
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.113
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.113
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.112
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.112
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.112
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.112
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.112
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.112
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.112
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.112
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.112
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.112
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.111
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.111
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.111
18028	Bread, egg, toasted	28.35	1.0 oz	0.111
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.111
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.110
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.110



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.110
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.110
18235	Crackers, whole-wheat	28.0	1.0 serving	0.110
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.110
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.110
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.109
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.109
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.109
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.109
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.109
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.109
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.109
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.109
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.109
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.109
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.109
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.109
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.109
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.108
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.108
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.108
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.108
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.108
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.107
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.107
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.107
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.107
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.107
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	0.106
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.106
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.106
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.106
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.105
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.105
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.105
09021	Apricots, raw	155.0	1.0 cup, halves	0.105

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.105
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.105
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.105
18037	Bread, oat bran	28.35	1.0 oz	0.105
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.105
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.105
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.105
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.104
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.104
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.104
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.104
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.104
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.104
18344	Rolls, dinner, egg	28.35	1.0 oz	0.103
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.103
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.103
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.103
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.103
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.102
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.102
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.102
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.102
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.102
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.102
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.102
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.102
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.102
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.102
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.102
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.101
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.101
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.101
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.101
18027	Bread, egg	28.35	1.0 oz	0.101
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.101
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.101

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.101
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.101
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.101
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.100
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.100
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.100
18003	Bagels, egg	28.35	1.0 oz	0.100
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.100
11965	Cauliflower, green, raw	64.0	1.0 cup	0.100
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.100
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.100
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.100
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.099
12058	Nuts, acorns, raw	28.35	1.0 oz	0.099
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.099
18266	English muffins, whole-wheat	28.35	1.0 oz	0.099
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.099
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.099
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.099
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.098
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.098
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.098
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.098
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.098
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.098
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.098
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.098
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.097
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.097
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.097
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.097
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.097
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.097
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.097
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.097
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.096

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.096
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.096
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.096
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.096
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.096
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.096
01114	Whey, sweet, fluid	246.0	1.0 cup	0.096
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.096
18241	Croissants, cheese	28.35	1.0 oz	0.096
18283	Muffins, oat bran	28.35	1.0 oz	0.096
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.095
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.095
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.095
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.095
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.095
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.095
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.095
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.095
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.095
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.095
11090	Broccoli, raw	91.0	1.0 cup chopped	0.095
11601	Yam, raw	150.0	1.0 cup, cubes	0.094
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.094
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.094
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.094
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.094
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.094
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.093
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.093
18039	Bread, oatmeal	28.35	1.0 oz	0.093
18061	Bread, rye, toasted	28.35	1.0 oz	0.093
18059	Bread, rice bran	28.35	1.0 oz	0.093
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.093
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.093
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.093
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.093

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.093
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.093
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.093
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.092
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.092
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.092
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.092
18239	Croissants, butter	28.35	1.0 oz	0.092
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.092
01021	Cheese, gjetost	28.35	1.0 oz	0.092
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.092
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.092
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.092
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.092
18044	Bread, pumpernickel	28.35	1.0 oz	0.092
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.092
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.092
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.092
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.092
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.092
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.092
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.092
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.092
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.091
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.091
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.091
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.091
18264	English muffins, wheat	28.35	1.0 oz	0.091
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.091
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.091
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.091
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.091
01159	Cheese, goat, soft type	28.35	1.0 oz	0.090
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.090
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.090
09040	Bananas, raw	225.0	1.0 cup, mashed	0.090

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.090
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.090
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.090
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.089
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.089
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.089
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.089
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.089
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.089
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.089
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.088
18066	Bread, wheat bran	28.35	1.0 oz	0.088
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.088
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.088
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.088
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.088
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.088
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.088
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.088
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.087
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.087
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.087
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.087
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.087
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.087
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.087
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.087
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.087
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.087
18025	Bread, cracked-wheat	28.35	1.0 oz	0.087
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.087
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.087
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.086
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.086
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.086
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.086

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.086
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.086
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.086
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.086
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.086
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.086
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.086
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.086
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.086
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.086
18224	Crackers, rusk toast	14.2	0.5 oz	0.086
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.086
18349	Rolls, french	28.35	1.0 oz	0.086
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.086
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.086
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.085
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.085
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.085
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.085
16112	Miso	17.0	1.0 tbsp	0.085
18060	Bread, rye	28.35	1.0 oz	0.085
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.085
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.084
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.084
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.084
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.084
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.084
18240	Croissants, apple	28.35	1.0 oz	0.084
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.084
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.084
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.084
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.084
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.084
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.083
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.083
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.083

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.083
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.083
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.083
18245	Danish pastry, cheese	28.35	1.0 oz	0.083
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.083
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.082
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.082
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.082
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.082
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.082
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.082
11080	Beets, raw	136.0	1.0 cup	0.082
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.081
01112	Whey, acid, fluid	246.0	1.0 cup	0.081
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.081
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.081
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.081
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.081
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.081
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.081
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.081
18033	Bread, italian	28.35	1.0 oz	0.081
07031	Ham salad spread	15.0	1.0 tbsp	0.080
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.080
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.080
01031	Cheese, neufchatel	28.35	1.0 oz	0.080
18236	Cracker meal	28.35	1.0 oz	0.080
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.080
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.080
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.080
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.080
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.080
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.080
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.080
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.080
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.080



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.079
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.079
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.079
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.079
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.078
11134	Cassava, raw	206.0	1.0 cup	0.078
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.078
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.078
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.078
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.078
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.078
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.078
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.078
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.078
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.078
18971	Bread, potato	32.0	1.0 slice	0.078
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.078
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.078
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.078
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.078
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.078
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.077
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.077
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.077
21249	BURGER KING, french fries	74.0	1.0 small serving	0.077
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.077
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.077
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.077
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.077
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.077
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.077
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.077
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.076
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.076
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.076
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.076

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.076
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.076
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.076
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.076
11518	Taro, raw	104.0	1.0 cup, sliced	0.076
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.076
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.076
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.076
18047	Bread, raisin, enriched	28.35	1.0 oz	0.076
18355	Sweet rolls, cheese	28.35	1.0 oz	0.076
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.076
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.076
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.076
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.076
09277	Plantains, raw	148.0	1.0 cup, sliced	0.075
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.075
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.075
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.075
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.075
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.075
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.075
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.074
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.074
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.074
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.074
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.074
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.074
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.074
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.074
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.074
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.073
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.073
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.073
11278	Okra, raw	100.0	1.0 cup	0.073
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.073
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.073

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.072
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.072
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.072
18103	Coffeecake, cheese	28.35	1.0 oz	0.072
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.072
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.072
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.072
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.072
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.072
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.072
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.072
11231	Jute, potherb, raw	28.0	1.0 cup	0.072
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.071
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.071
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.071
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.071
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.071
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.071
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.071
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.071
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.071
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.071
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.070
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.070
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.070
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.070
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.070
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.070
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.070
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.070
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.070
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.070
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.070
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.070
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.070
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.069

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18065	Bread, wheat, toasted	28.35	1.0 oz	0.069
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.069
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.069
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.069
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.069
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.069
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.069
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.069
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.069
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.069
21140	Side dishes, potato salad	95.0	0.333 cup	0.068
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.068
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.068
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.068
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.068
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.068
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.068
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.068
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.067
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.067
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.067
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.067
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.067
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.067
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.067
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.067
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.067
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.067
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.067
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.067
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.067
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.066
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.066
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.066
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.066
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.066

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.066
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.066
01070	Dessert topping, powdered	43.0	1.5 oz	0.066
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.066
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.066
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.066
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.066
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.065
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.065
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.065
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.065
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.065
18338	Phyllo dough	28.35	1.0 oz	0.065
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.065
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.065
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.065
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.065
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.064
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.064
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.064
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.064
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.064
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.064
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.064
18106	Coffeecake, fruit	28.35	1.0 oz	0.064
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.064
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.064
18218	Crackers, matzo, egg	14.2	0.5 oz	0.064
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.064
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.064
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.064
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.064
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.064
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.064
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.064
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.063

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.063
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.063
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.063
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.063
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.063
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.062
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.062
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.062
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.062
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.062
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.062
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.062
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.062
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.062
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.062
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.062
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.061
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.061
11527	Tomatoes, green, raw	180.0	1.0 cup	0.061
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.061
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.061
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.061
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.061
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.061
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.061
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.061
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.061
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.061
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.060
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.060
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.060
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.060
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.060
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.060
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.060
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.060

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.060
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.060
21416	POPEYES, Coleslaw	120.0	1.0 package	0.060
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.060
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.060
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.060
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.060
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.060
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.060
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.060
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.059
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.059
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.059
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.059
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.059
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.059
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.059
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.059
18360	Taco shells, baked	12.9	1.0 shell	0.059
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.059
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.059
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.059
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.059
09160	Lime juice, raw	242.0	1.0 cup	0.058
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.058
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.058
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.058
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.058
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.058
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.058
18021	Bread, boston brown, canned	28.35	1.0 oz	0.058
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.058
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.058
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.057
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.057
21420	KFC, Coleslaw	112.0	1.0 package	0.057

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.057
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.057
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.057
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.056
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.056
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.056
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.056
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.056
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.056
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.056
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.056
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.056
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.056
18242	Croutons, plain	14.2	0.5 oz	0.056
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.055
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.055
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.055
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.055
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.055
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.055
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.055
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.054
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.054
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.054
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.054
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.054
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.054
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.054
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.054
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.054
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.054
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.054
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.054
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.054
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.054
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.054



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.054
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.054
11734	Beets, cooked, boiled, drained, with salt	85.0	0.5 cup slices	0.054
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.054
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.053
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.053
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.053
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.053
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.053
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.053
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.052
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.052
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.052
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.052
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.052
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.052
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.052
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.052
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.051
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.051
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.051
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.051
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.051
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.051
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.051
19081	Candies, sweet chocolate	28.35	1.0 oz	0.051
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.051
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.051
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.051
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.051
18243	Croutons, seasoned	14.2	0.5 oz	0.051
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.051
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.051
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.051
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.050
09316	Strawberries, raw	152.0	1.0 cup, halves	0.050

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.050
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.050
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.050
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.050
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.049
11190	Cornsalad, raw	56.0	1.0 cup	0.049
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.049
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.049
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.049
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.049
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.049
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.049
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.049
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.049
19419	Snacks, corn cakes	9.0	1.0 cake	0.049
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.049
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.049
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.048
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.048
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.048
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.048
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.048
18172	Cookies, gingersnaps	28.35	1.0 oz	0.048
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.048
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.048
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.048
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.048
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.048
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.047
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.047
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.047
18177	Cookies, molasses	28.35	1.0 oz	0.047
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.047
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.047
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.047
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.047

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.047
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.047
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.047
11591	Watercress, raw	34.0	1.0 cup, chopped	0.047
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.047
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.047
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.046
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.046
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.046
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.046
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.046
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.046
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.046
09279	Plums, raw	165.0	1.0 cup, sliced	0.046
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.046
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.046
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.046
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.046
09050	Blueberries, raw	148.0	1.0 cup	0.046
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.046
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.046
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.046
11564	Turnips, raw	130.0	1.0 cup, cubes	0.046
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.045
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.045
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.045
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.045
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.045
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.045
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.045
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.045
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.045
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.044
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.044
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.044
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.044

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.044
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.044
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.044
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.044
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.044
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.044
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.044
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.044
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.044
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.044
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.044
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.044
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.044
09088	Elderberries, raw	145.0	1.0 cup	0.044
18217	Crackers, matzo, plain	14.2	0.5 oz	0.043
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.043
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.043
18214	Crackers, cheese, regular	14.2	0.5 oz	0.043
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.043
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.043
11963	Nopales, raw	86.0	1.0 cup, sliced	0.043
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.043
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.043
25059	Snacks, brown rice chips	9.0	1.0 cake	0.043
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.043
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.043
11457	Spinach, raw	30.0	1.0 cup	0.043
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.043
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.043
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.043
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.043
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.042
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.042
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.042
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.042
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.042

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.042
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.042
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.042
18170	Cookies, fig bars	28.35	1.0 oz	0.042
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.042
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.042
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.042
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.042
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.042
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.042
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.042
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.042
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.042
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.041
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.041
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.041
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.041
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.041
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.041
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.041
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.041
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.041
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.041
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.041
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.041
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.040
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.040
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.040
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.040
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.040
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.040
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.040
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.040
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.039
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.039
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.039

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11003	Amaranth leaves, raw	28.0	1.0 cup	0.039
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.039
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.039
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.039
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.039
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.039
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.039
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.039
18171	Cookies, fortune	28.35	1.0 oz	0.038
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.038
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.038
09143	Guava sauce, cooked	238.0	1.0 cup	0.038
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.038
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.038
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.038
11161	Collards, raw	36.0	1.0 cup, chopped	0.038
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.038
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.038
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.038
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.038
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.038
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.037
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.037
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.037
09206	Orange juice, raw	248.0	1.0 cup	0.037
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.037
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.037
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.037
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.037
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.037
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.037
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.037
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.037
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.037
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.037
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.037

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.036
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.036
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.036
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.036
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.036
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.036
09174	Loquats, raw	149.0	1.0 cup, cubed	0.036
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.036
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.035
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.035
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.035
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.035
28292	Crackers, multigrain	14.0	4.0 crackers	0.035
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.035
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.035
18223	Crackers, milk	14.2	0.5 oz	0.035
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.035
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.035
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.035
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.034
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.034
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.034
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.034
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.034
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.034
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.034
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.034
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.034
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.034
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.034
11282	Onions, raw	160.0	1.0 cup, chopped	0.034
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.034
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.033
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.033
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.033
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.033

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.033
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.033
18354	Strudel, apple	28.35	1.0 oz	0.033
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.032
19524	Snacks, taro chips	28.35	1.0 oz	0.032
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.032
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.032
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.032
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.032
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.031
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.031
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.031
11086	Beet greens, raw	38.0	1.0 cup	0.031
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.030
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.030
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.030
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.030
11429	Radishes, raw	116.0	1.0 cup slices	0.030
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.030
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.030
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.030
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.030
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.029
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.029
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.029
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.029
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.029
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.028
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.028
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.028
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.028
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.028
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.028
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.028
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.028
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.028



NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.027
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.027
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.027
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.027
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.027
09221	Tangerine juice, raw	247.0	1.0 cup	0.027
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.027
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.027
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.027
01017	Cheese, cream	14.5	1.0 tbsp	0.027
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.026
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.026
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.026
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.026
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.026
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.026
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.026
09326	Watermelon, raw	154.0	1.0 cup, balls	0.026
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.026
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.026
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.026
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.026
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.026
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.025
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.025
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.025
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.025
19400	Snacks, banana chips	28.35	1.0 oz	0.025
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.025
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.025
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.024
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.024
20027	Cornstarch	128.0	1.0 cup	0.024
09191	Nectarines, raw	143.0	1.0 cup slices	0.024
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.024
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.024

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.024
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.024
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.024
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.024
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.024
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.024
02033	Spices, poppy seed	2.8	1.0 tsp	0.023
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.023
11143	Celery, raw	101.0	1.0 cup chopped	0.023
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.023
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.023
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.022
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.022
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.022
01072	Dessert topping, pressurized	70.0	1.0 cup	0.022
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.021
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.021
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.021
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.021
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.021
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.021
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.021
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.021
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.021
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.020
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.020
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.020
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.020
19296	Honey	339.0	1.0 cup	0.020
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.020
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.020
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.020
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.020
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.020
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.020
09252	Pears, raw	140.0	1.0 cup, slices	0.020

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18323	Pie, peach	28.35	1.0 oz	0.020
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.019
02005	Spices, caraway seed	2.1	1.0 tsp	0.019
09421	Dates, medjool	24.0	1.0 date, pitted	0.019
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.019
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.018
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.018
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.018
20003	Arrowroot flour	128.0	1.0 cup	0.018
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.018
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.017
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.017
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.017
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.017
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.017
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.017
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.017
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.017
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.017
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.017
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.017
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.017
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.017
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.017
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.017
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.017
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.016
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.016
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.016
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.016
11213	Endive, raw	25.0	0.5 cup, chopped	0.016
09077	Crabapples, raw	110.0	1.0 cup slices	0.015
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.015
09413	Pears, raw, red anjou	126.0	1.0 small	0.015
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.015
02020	Spices, garlic powder	3.1	1.0 tsp	0.015

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.015
02028	Spices, paprika	2.3	1.0 tsp	0.015
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.015
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.015
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.015
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.015
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.015
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.015
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.015
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.014
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.014
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.014
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.014
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.014
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.014
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.014
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.014
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.013
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.013
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.013
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.013
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.013
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.013
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.013
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.012
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.012
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.012
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.012
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.012
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.012
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.012
02009	Spices, chili powder	2.7	1.0 tsp	0.012
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.012
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.011
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.011
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.011

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.011
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.011
02015	Spices, curry powder	2.0	1.0 tsp	0.011
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.011
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.011
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.011
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.011
09173	Longans, dried	1.7	1.0 fruit	0.010
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.010
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.010
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.010
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.010
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.010
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.009
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.009
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.009
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.009
02029	Spices, parsley, dried	0.5	1.0 tsp	0.009
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.008
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.008
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.008
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.008
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.008
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.008
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.008
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.008
19297	Jams and preserves	20.0	1.0 tbsp	0.007
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.007
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.007
11960	Carrots, baby, raw	15.0	1.0 large	0.007
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.007
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.007
02011	Spices, cloves, ground	2.1	1.0 tsp	0.006
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.006
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.006
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.006

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11949	Catsup, low sodium	17.0	1.0 tbsp	0.006
11935	Catsup	17.0	1.0 tbsp	0.006
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.006
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.006
11943	Pimento, canned	12.0	1.0 tbsp	0.005
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.005
02066	Spearmint, dried	0.5	1.0 tsp	0.005
09172	Longans, raw	3.2	1.0 fruit without refuse	0.005
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.005
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.005
02021	Spices, ginger, ground	1.8	1.0 tsp	0.005
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.005
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.005
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.005
11156	Chives, raw	3.0	1.0 tbsp chopped	0.004
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.004
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.004
02026	Spices, onion powder	2.4	1.0 tsp	0.004
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.004
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.004
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.004
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.004
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.004
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.004
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.004
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.003
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.003
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.003
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.003
02044	Basil, fresh	2.5	5.0 leaves	0.003
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.003
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.003
19303	Marmalade, orange	20.0	1.0 tbsp	0.003
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.003
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.003
11145	Celtuce, raw	8.0	1.0 leaf	0.003

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.003
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.003
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.003
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.003
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.003
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.003
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.003
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.002
02045	Dill weed, fresh	1.0	5.0 sprigs	0.002
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.002
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.002
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.002
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.002